

## **ABSTRACT**

A spinal implant may be used to stabilize a portion of a spine. The implant may promote bone growth between adjacent vertebrae that fuses the vertebrae together. An implant may include an opening through a height of a body of the implant. The body of the implant may include curved sides. A top and/or a bottom of the implant may include protrusions that contact and/or engage vertebral surfaces to prevent backout of the implant from the disc space. A variety of instruments may be used to prepare a disc space and insert an implant. The instruments may include, but are not limited to, a distractor, a rasp, and one or more guides. The implant and instruments may be supplied in an instrument kit.